

### Claims

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1. A balancing disc for an orthotic foot device comprising:  
a substantially circular member having a top surface and bottom surface,  
the surfaces being angularly inclined by an angle  $\theta$  with respect to each other.
2. The disc of claim 1 wherein the angle ranges from about  $2^\circ$  to about  $6^\circ$
3. The disc of claim 1, wherein the body is a flexible body;
4. The disc of claim 1, which further comprises an adhesive deposited onto  
at least one of the surfaces;
5. An orthotic assembly comprising:
  - (a) an insole having an upper surface and a bottom surface; and,
  - (b) the device of claim 4 adhered to the bottom surface of the insole.
6. The assembly of claim 5 wherein the angle ranges from about  $2^\circ$  to about  
 $6^\circ$ .